



Fitzpatrick Skin Type Quiz

This information will help our office to better evaluate your skin type so the laser treatment will be more effective. Skin type is often categorized according to the Fitzpatrick skin type scale which ranges from very fair (skin type I) to very dark (skin type VI). The two main factors that influence skin type and the treatment program devised by your practitioner are:

- Genetic Disposition
- Reaction to sun exposure and tanning beds

Skin type is determined genetically and is one of the many aspects of your overall appearance, which also includes the color of your eyes, hair, etc. The way your skin responds to sun exposure is another way of correctly assessing your skin type. Recent tanning, whether by the sun or an artificial tanning booth, even tanning creams, can have a major impact on your skin color evaluation.

By using the information you provide on this form, we can be better prepared to provide you with the best care. Please take a few minutes to fill out this questionnaire.

Mark 0 through 4 for each question

Genetic Disposition

	0	1	2	3	4
Color of eyes	Light blue, gray, green	Blue, gray or green	Blue	Dark Brown	Brownish black
Natural hair color	Sandy red	Blonde	Chestnut, dark blonde	Dark brown	Black
Skin color (non exposed areas)	Reddish	Very pale	Pale with beige tint	Light brown	Dark Brown
Freckles on exposed areas	Many	Several	Few	Incidental	None

Reaction to sun Exposure

	0	1	2	3	4
If too long in the sun	Painful Redness Blistering Peeling	Blistering followed by peeling	Burns sometimes followed by peeling	Rare burns	Never had burn
Degree of skin turning brown	Hardly Not at all	Light color tan	Reasonable tan	Tans easily	Turns dark brown quickly
Turns brown within several hours after sun exposure	Never	Seldom	Sometimes	Often	Always
Face reaction					Never a

to sun	Very sensitive	Sensitive	Normal	Very resistant	problem
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Tanning Habits

	0	1	2	3	4
Exposure to sun, tanning beds or self tanning	More than 3 months ago	2 to 3 months ago	1 to 2 months ago	Less than a month ago	Less than 2 weeks ago
Treated area exposure to sun	Never	Hardly ever	Sometimes	Often	Always

Total score for reaction to sun exposure: _____

Summary

Add up the total scores for each section for your Skin type score to give us a better evaluation of your skin type.

_____ Total Score for Genetic Disposition

_____ Total Score for Reaction to Sun Exposure

_____ Total Score for Tanning Habits

_____ **Skin Type Score**

Your Fitzpatrick Skin Type

Skin Type Score	Fitzpatrick Skin Type
0-7	I
8-16	II
17-25	III
25-30	IV
Over 30	V-VI

Name: _____

Date: _____

Which of the following best describes your skin type?

- 1 - Always burn, never tan
- 2 - Always burn, sometimes tan
- 3 - Sometimes burn, tan somewhat
- 4 - Rarely burn, tan with ease
- 5 - Moderately pigmented, tans vary easily
- 6 - Deeply pigmented, never burn

Ethnic background is of importance when considering skin color and laser hair removal. If known what is your ethnic background? _____